Local Wisdom & Biotechnology: The Future of Gastronomy Tourism

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Indonesian Tempe Movement

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OUTLINE

• Background: Indonesia, Fermented Foods
• Indonesian Tempeh Movement (ITM)
• Tempeh
• Biotechnology, 4th Industrial Revolution
• Food Diplomacy to close my presentation
• Q and A
17,000 islands;
30,000 plants; 515 mammals (12%);
25,000 flowering plants (10%);

source: blog.urbanindo.com
Indonesia Fermented Food
We can save many people's lives + our planet simply by promoting tempeh.

Why?
Because it gives people another choice of healthy, affordable, and sustainable protein source.
Tempeh
TEMPE Nutrition

- Saturated Fat
- Cholesterol
- Fiber
- Salt
- Calcium
- Sugar
- Iron, Zinc
- Prebiotics
- Probiotics
- Isoflavones

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Tempeh - Superfood

Price

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data & illustration by Driando
Tempe as complementary food for Babies

Absorbability
Tempe nutrients have been further digested through fermentation thus easier to absorb.

Nutrition
Tempe is high in protein and micronutrients, low in saturated fat, carbohydrates, and salt.

Protective
Tempe protects digestive tract walls against pathogen bacteria such as EHEC that can cause hemorrhagic

Gut Health
Tempe contains probiotic - good bacteria, prebiotic - their food, and para-probiotic - dead bacteria that are important to shape early age gut health

Brain Health
Many Indonesian tempe types contain Vitamin B12, an essential nutrient for brain development, that is commonly found only in animal products.

Blood
Micronutrients in tempe such as iron, zinc, and folic acid are important to make red blood cells.

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Illustration by Amadeus Oriando Ahnan
Information based on "Tempe as Complementary Food to Breast Milk" Declaration (2015) by AIPI, KBI, PATPI, PERGIZI PANGAN
Plate of Antioxidants
Fourth Industrial Revolution
INDONESIA LOCAL BEANS
INDIGENOUS FOOD
Simplify biotechnology
Geldrop, Netherland
excitement & experience

tempeh workshop, Indonesia
TempEasy Award Winning Pitch at Cambridge University

Amadeus Driando Ahnan 267 views
thank you
Q and A?

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TEMPE
Emission
HEALTH, SUSTAINABILITY, AFFORDABILITY

What is Tempe?

Tempeh is a traditional food from Indonesia made of fermented soybeans or other ingredients. The first documented tempe was in the 18th century in Central Java, Indonesia. Since then, it has been an affordable protein source in Indonesia.

How to Eat Tempe

In Indonesia, tempe is usually fried and sprinkled with salt; coconut-curdled ("lodeh"), stir-fried with sweet soy sauce ("orek"), or marinated with shallots and garlic then fried ("bacem"). However, tempe can be easily incorporated in limitless variations of cuisine.

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TEMPE
Energy Usage

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